

Evaluation of Food for Thought Project Phase 8

Education Scotland aims to find out about examples of ‘interesting practice’ relating to Food and Health in order to support practitioners in other establishments. This evaluation, ***which must be completed by every funded establishment***, will help us to collate a bank of information around food and health education in Scotland.

We are looking for information of approx. 300 words (‘scrollable’, bulleted etc.) to provide practitioners with key information about your project which could potentially be uploaded to the [National Improvement Hub](#) or Good Food Nation website.

Please return the completed form to Jeanette.smart@educationscotland.gov.uk no later than **Friday 11th February**

1. Your details

Establishment – please state clearly if it is ELCC / Primary / Secondary / ASN	Secondary
Local Authority	Fife Council
Contact name	Alistair Stewart / Heather Aird
50 word summary about your project	Our project aims to develop the skills of pupils with additional and complex support needs by growing fruit and vegetables. Pupils will use the food grown to cook healthy dishes, reduce food waste and develop independent living skills, creating opportunities for pupils to apply their skills in real-life contexts.

2. Current numbers:

In this session, how many :

Learners have / will benefit directly from your project?	15
Members of staff have / will benefit directly from your project?	8

3. Which of these themes or guidance did your project relate to? Please tick all that apply.

Food Summary Page . Includes skills progression using the Es and Os and the Benchmarks.	✓
Love Food, Hate Waste	✓
Farm Visits	
Developing the Young Workforce .	✓
Inequity/attainment gap	✓
Good Food Nation: Scotland's National Food and Drink Policy	✓
A healthier Future – Scotland's Diet and Weight Delivery Plan	
Helping parents with food and eating	
Better Eating, Better Learning :new context for school food, follow up to Hungry for Success	✓
Beyond the School Gate : improving food choices in the school community	✓

Which (if any) of these organisations did you work with as part of your project?

RHET (Royal Highland Education Trust)	
Love Food Hate Waste (Part of Zero Waste Scotland)	
Developing Young Workforce Scotland	

4. Please provide as much information as you can in the following sections. The boxes expand as you type.

What stage are you at with your project now (Food for Thought should be a long term, sustainable, on-going project so this will	We have purchased all of our supplies, which includes 7 planters, 1 herb planter, 1 cold store and a storage shed and gardening tools/equipment. We have also purchased various fruit and vegetable plants which have been planted by pupils in recent weeks so that they are ready to harvest in May/June.
---	---

<p>indicate where you are in the 'journey')</p>	<p>Pupils are attending to the planters on a weekly basis and are watering plants/maintaining them to ensure optimum growth. They are also recording the changes they notice each week in a log book so that they can understand the process of growing fruits and vegetables and how long it takes to grow specific plants.</p> <p>These observations are followed up by in class learning about what plants need to grow, how to plant seeds, identifying the different parts of plants and how the growing of fruit and vegetables is replicated on a larger scale on farms. They have also been researching what can be grown in each season and what recipes each food grown can be used in.</p> <p>We have also purchased the specialist cooking equipment for the pupils with additional/complex support needs to use when preparing food in the kitchen. Pupils have started to use these in practical lessons and will continue to do so when doing practical lessons using the fruit and vegetables grown in the school planters. Pupils are supported during these lessons through the use of picture recipes which we have had printed as 2 recipe books and all recipes have been created using the Boardmaker symbols.</p>
<p>What is the (intended) long term impact of your project? (what would you like to see in 5+ years)</p>	<p>Pupils within the pupil support department are very much visual learners and benefit from a curriculum delivered through tangible learning experiences. Therefore, it is understandable that pupils will gain a greater awareness of their foods and have an appreciation of where it comes from/how it is grown due to being involved in the process of this. Pupils will have a better understanding of the effort that goes into growing food, thus food waste may be reduced. Pupils will gain a better understanding of local and seasonal foods and use recipes in Home Economics that incorporate the ingredients grown.</p> <p>The use of local and seasonal produce from the kitchen garden will help to promote the health and wellbeing of pupils as they will be growing, preparing and cooking nutritious food. Pupils will develop the knowledge to make educated choices when choosing foods and hopefully pupils will carry on growing their own food in the future.</p> <p>Once this project is implemented fully it will be able to be maintained each year with not a lot of work, only planting</p>

	<p>and maintaining the plants, so this permits the project to be more sustainable.</p> <p>Viewforth High School has a growing role, and it is projected that the number of pupils within pupil support will increase year on year. Although this is a generalised prediction it is expected that the number of pupils accessing the kitchen garden will grow in the next 5 years. It may also be the case that pupils who are disengaged with learning or within the support / Home Economics department may access and maintain the kitchen garden.</p>
<p>Have you faced any particular challenges? How were they overcome? (if applicable)</p>	<p>We have faced some challenges when trying to source and purchase items as we have had to go through procurement to purchase items. This has meant that some items were more expensive than budgeted for, however we have been able to slightly change the planters we have bought so that they could be purchased through procurement.</p>
<p>Best piece of advice what others would really benefit from knowing)</p>	<p>When planning a food for thought project, ensure you check your school and council's policies on procurement as this can make items more difficult to source and they may be more expensive. In order to budget and plan effectively, you will need to ensure the predicted costs reflect those that would be spent by purchasing via procurement.</p>
<p>Wider HWB context? (eg. links to wider activities, projects, plans)</p>	<p>Pupils are developing their confidence in the kitchen as they are using recipes created with Boardmaker symbols. Having these picture recipes allows pupils to develop independent working/life skills by following pictorial instructions with clear written steps. These skills can then be transferred into their wider life and at home.</p> <p>By using outdoor space in the school grounds which is acting as an outdoor classroom which has a positive impact on the pupils emotional and mental health and well-being.</p> <p>By attending to the plants on a weekly basis, pupils are developing their sense of responsibility as they are ensuring that the plants are cared for and maintained. They are also taking responsibility for recording the results of the changes that have taken place each week and take turns to write this into the log book. They are also developing their responsibility and respect when using gardening tools and equipment by ensuring they are used safely and that these tools are cared for so that</p>

	<p>they remain in a good condition. This is replicated in the kitchen when using kitchen equipment safely, responsibly and respectfully.</p> <p>The use of local and seasonal produce from the kitchen garden helps to promote the health and wellbeing of pupils as they are be growing, preparing and cooking nutritious food. Pupils are developing the knowledge to make educated choices when choosing foods and hopefully pupils will carry on growing their own food in the future. At present, pupils have a restricted/limited diet and admit they do not eat a lot of vegetables, however when cooking, pupils are trying and tasting different types of fruit and vegetables and new foods. Trying these foods in the social environment of the classroom is allowing pupils to encourage each other to have the confidence to try new foods. The increase of trying fruit and vegetables will hopefully lead to an increase of these in the diet and looking to the future may assist with the reduction of dietary related diseases in an area which is one of the highest in terms of deprivation in the Scottish SMID.</p> <p>Creating a garden area within the school is allowing pupils to create a space that others can also view and go into for learning and thus pupils are playing a large part in creating and strengthening in the school community.</p>
<p>Partnerships (employers, industry, farms organisations etc. – please expand to provide detail of how well this has worked)</p>	<p>N/A</p>
<p>Watch this space! Where are you going next with the learning related to Food Education?</p>	<p>We will be continuing to grow, plant and use fruits and vegetables throughout the year. This will involve planting different things each season and continually growing different foods that we can then use in the kitchen to prepare healthy, nutritious meals.</p> <p>This project is enhancing pupils’ knowledge and understanding of how food is grown and produced. This is supporting their learning in the National 2 Food health & Wellbeing course which all of the pupils are doing. This enriched experience of food, health and wellbeing will promote pupil attainment and achievement as all pupils are on track to achieve a National 2 Qualification in Food Health & Wellbeing.</p>

	<p>The growing project will also support the learning of these pupils as they progress to National 3 Practical Cookery next year and for new pupils who will be completing their National 2 Food Health & Wellbeing.</p>
<p>Quotation(s) if applicable commenting on your project (eg. head of establishments, Local authority representative, young person, parent)</p>	<p><i>'Our pupils love going to their Home Economic lessons. They really enjoy cooking (&eating!) what they make. Their recipe books & specialist equipment allow them to work safely & more independently. Planting and tending their own vegetables adds another dimension to their learning'</i> - Lesley Hill, PTC Pupil Support</p> <p><i>"The Food for Thought funding we received has enabled us to further engage and support our young people in their education. Through practical, hands-on approaches the young people are learning in a creative and fun way which enhances their learning experience. It's lovely to observe them exploring how food is grown and to see them enjoying their finished products!"</i> – Lisa Moore, Headteacher Viewforth High School</p>

Please also pass on any images, materials, video clips you wish to share to jeanette.smart@educationscotland.gov.scot .

If you do, please ensure that consent has been given to the school to allow the images to be shared. If the images are too large to be sent, try using www.wetransfer.com (free)

View our sway here - <https://sway.office.com/0nYAsRF7W3lhBGoV?ref=Link>